

Chicopee Register

Year Ahead - Chicopee 2021

By Dalton Zbierski
Staff Writer

Chicopee Police Dept.

Chicopee's law enforcement personnel were greatly challenged over the past year, but much has been learned and accomplished. As the calendar flips to 2021, the Chicopee Police Dept. will look to continue several successful programs that came to fruition in 2020.

In Jan. 2020, the police department opened its C3 substation on Exchange Street in Chicopee Center. Manned by Sgt. Tommy Gazda, Ofc. John Slachetka and Ofc. Keith Hevey, the operation endeavors to build positive community relationships with residents downtown.

"Those officers in that C3 unit are there to help the residents and the people of Chicopee in that area if they want to talk. They're walking the beat, interacting with the community, offering assistance and forming partnerships. It's a wonderful initiative, and we look forward to providing that next year," said Public Information Ofc. Donna Liszka.

In 2021, the police department will continue serve as an invaluable lifeline for residents, as the COVID-19 pandemic reaches new heights. The department's COVID team plays a critical role in the operation of the city's COVID-19 Task Force, as it works with Mayor John Vieau and the Health Dept., noted Liszka.

Law enforcement is also instrumental in the running of the municipal COVID-19 testing site, which opened in December at Chicopee Comprehensive High School. One can only assume that the department will be called upon to aid in COVID-19 inoculations.

While no timetable has been set, the Chicopee Police Dept. Youth Academy is very likely to run again in 2021, said Liszka. Through a partnership with the Boys & Girls Club of Chicopee, the department-led program offers local youths an opportunity to learn the ins and outs of law enforcement.



The Chicopee Police C3 Substation in Chicopee Center will continue to make a positive impact on residents downtown during 2021.

Chicopee Council on Aging

During the darkest days of 2020, the Chicopee Council on Aging held its own, meeting the needs of more than 1,000 local seniors. The staff at RiverMills Center is excited to bring that same energy into the new year.

The COA's food distribution program serves meals to over 1,000 seniors each week, as the initiative operates each weekday at RiverMills Center. The service will continue in 2021, and COA Asst. Director Holly Angelo is optimistic that many other popular programs will return by the time the year is through.

"We are most looking forward to reopening RiverMills Center and getting back to normal. The staff miss the members and the older adults miss us and seeing each other," said Angelo. "The center is such a social place. We just want to get back to business and offer the programming the older adults depend on to keep their minds and bodies active."

The staff of the senior center has grown tremendously over the course of the past year and will look to carry that growth into the new year. Angelo thanked the community for its support, and promised



The RiverMills Center and the River Mills Assisted Living at Chicopee Falls will serve as vital resources for Chicopee seniors during 2021.

that the COA will be on top of its game in 2021; until then, she encourages seniors to continue persevering.

"I hope everyone has managed to take something positive from what has truly been a challenging and painful year, whether it's been reconnecting with family and friends, or learning to count blessings where you can find them," said Angelo.

Chicopee Fire Department

Members of the Chicopee Fire Dept. spent 2020 on the front lines of the COVID-19

pandemic and are prepared to do so again in 2021.

Fire Chief Dan Stamborski felt as though the department's most significant achievement of the past 12 months was navigating the pandemic's uncharted waters. The determination will not cease moving forward.

"This [achievement] was accomplished by the hard work and dedication of the men and women of this Department that came to work day after day and continue to treat and transport so many people affected by this virus," said Stamborski.

In 2021, Stamborski anticipates resuming many of the department's popular community initiatives and time-honored traditions. In his eyes, the future is bright for both the department and the community at large.

"I am optimistic that once the vaccine takes hold, many of the small businesses are allowed to fully open and people are able to get back to work. I am also hopeful that children and young adults are able to return to schools and colleges and regain the much-needed social aspects of life that they provide," said Stamborski.

CITY HALL

City offers free Covid testing

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The Chicopee Fire Dept. has stood firm during the pandemic and will continue to do so entering 2021.

City offers free COVID-19 testing at Chicopee Comp.

CHICOPEE - COVID-19 mobile testing site is open at Chicopee Comprehensive High School, now through Dec. 30, Mayor John Vieau announced in a press conference Dec. 18.

On Dec. 22, the City of Chicopee began to offer appointment-free COVID-19 testing to any First Responder, all City of Chicopee residents (over the age of two), and City of Chicopee Municipal employees and their families without the need for insurance or the ability to pay.

Every test will be administered for free. This new testing site will administer up to 20,000 tests for up to three months or till the tests run out.

The city is operating this as a drive-through-only testing site, while the state continues to provide walk-up testing lo-

cations at other area locations that can be found at <https://www.mass.gov/covid-19-testing>.

Patients must visit the CCHS site in their vehicles, as testing will be done in their car. No walk-ups will be allowed.

Any First Responder, all City of Chicopee residents, and City of Chicopee Municipal employees and their families can simply visit the new drive-through site at Chicopee Comprehensive High School beginning at 8 a.m. until noon on any of the above available dates.

Although no appointment is required, you can speed the process by completing the necessary intake form online, print it, and bring it with you (including the required proof of Chicopee residency).

The intake form can be found here: <https://www.chicopeema.gov/FormCenter/Information-Technology-16/Chicopee-Comp-COVID-TestSite-Form-246>

"We needed to offer local testing to many more city residents to better prevent its spread," said Lisa Sanders, Chicopee health director. "Testing will also give us a better idea of when we may begin to lessen the current health orders."

Up to 400 patients are expected to be tested daily at the new site and the results will be garnered within 24 hours as these are PCR tests. PCR testing is considered the "gold standard" in SARS-CoV-2 detection. This test detects RNA (or genetic material) that is specific to the virus and can detect the virus within days of infection, even those who have

no symptoms. Turnaround time can be in as little as 24 hours. When demand is high, results can take a bit longer.

Symptoms that may warrant a test include cough, shortness of breath, fever, chills, fatigue, muscle ache, sore throat, headache, vomiting, nausea, diarrhea, the recent loss of taste or smell, or confusion, particularly in older adults.

"We will continue to require every one of our residents to follow the CDC social distancing guidelines, to wear a face covering, wash your hands frequently, and stay home if you feel sick," stated Mayor John L. Vieau. "We are very pleased to be able to offer another way for our city's residents to help keep each other safe. Have symptoms? Go get tested."

Several rubbish fires reported in Springfield in December

SPRINGFIELD - In mid-December, there were three other small outside rubbish fires in the vicinity of the church on Concord Street in Springfield, said Jennifer Mieth, public information officer for the state Department of Fire Services earlier this week.

Two fires occurred on Dec. 15 and one on Dec. 13.

If anyone has information on those fires, they can confidentially call 1-800-682-9229.

Seats remain open for 'Wintersession' classes at HCC

HOLYOKE - Seats remain open for January 2021 classes at Holyoke Community College.

HCC's two-week "Wintersession" term begins Monday, Jan. 4, and runs until Friday, Jan. 15. Students can earn from one to four credits by taking a single Wintersession course that lasts from five to 10 days.

HCC is offering 24 courses during Wintersession 2021 in 18 different academic areas of study: Anthropology, Business Administration, Communication, Criminal Justice, Culinary Arts, Economics, Engineering, Environmen-

tal Science, General Studies, Geography, Law, Management, Marketing, Mathematics, Nutrition, Social Science, Sociology, and Sustainability.

Because of ongoing concerns related to COVID-19, the majority of Wintersession classes at HCC are being offered remotely.

"Wintersession at HCC is a great way to earn course credits in a short amount of time - a whole semester's worth in just 10 days," said Mark Hudgik, HCC director of Admissions. "With our remote and fully online options, students can use HCC's January classes to

get ahead, get back on track, or lighten their load for spring, and they can continue to do it from the comfort and safety of their homes."

For schedules and full course descriptions or to enroll for Wintersession 2021, please go to: www.hcc.edu/wintersession

Registration is also open for spring semester classes at HCC. The spring 2021 semester begins on Monday, Jan. 25, with two additional "flexible" spring start dates on Feb. 16 and March 29.

To register for spring start classes, please go to: hcc.edu/admission

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CLUES ACROSS

1. Home of the Cowboys

7. "Hawaii Five-O" actor McBride

10. Most aged

12. Fitted with a shoe

13. Courteously

14. They form over cuts

15. Western Alaskan river

16. Aggressive men

17. Farm animal

18. Young woman (French)

19. Sixth month of Hebrew calendar

21. Short cry

22. State capital

27. Rural delivery

28. "Twilight Zone" creator

33. Gigabyte

34. Flammable

hydrocarbon

36. Supervises flying

37. An actor who plays a principal role

38. Furnace for pottery

39. Fall back

40. Afrikaans word for language

41. Chinese city

44. Fleshy

45. Inventor

48. Taxis

49. A citizen of Spain

50. Important age for aging workers (abbr.)

51. Body part

CLUES DOWN

1. Chinese mountain range

2. Romanian city

3. Fishermen cast it

4. Shelter from wind

5. Sign language

6. Pigpen

7. Make sore

8. Flat metal shelves

9. Forms that say who you are

10. Cigar lovers' necessity

11. Popular cooking ingredient

12. Skin covering the head

14. Unshakable

17. Exclamation meaning "Finally!"

18. One of the wise men's gifts

20. Take away from

23. In accordance with the law

24. Nicole Kidman's husband

25. NY Giants legend

26. Utilize

29. Beloved Hollywood alien

30. Unwell

31. More destitute

32. Grinded together

35. Sun up in New York

36. Italian-made cars

38. Most sacred site in Islam

40. Rip apart

41. Go in a specified direction

42. Freshwater mussel genus

43. "___ the Man" Musical

44. One thousand cubic feet (abbr.)

45. West coast time zone

46. Mimic

47. You can get one in summer

ANSWERS ON PAGE 11

Investigation into Springfield church fire ongoing

SPRINGFIELD - An investigation into the Monday morning fire at the Martin Luther King Community Presbyterian Church, located at 14 Concord Terrace in Springfield, is ongoing and no cause has been determined yet, according to the state Department of Fire Services.

The investigative team has asked anyone with information about how the fire may have started to call 1-800-682-9229. While this is the Arson Hotline telephone number, it is also the only toll-free telephone number we have for the public to call about any fire, regardless of the cause. At this time, the fire is not being called intentionally-set because the investigation into the origin and cause is ongoing. All possible causes are being consid-

ered as they work to determine where the fire started and then how.

The fire is being jointly investigated by the Springfield Arson and Bomb Squad, State Police assigned to the Office of the State Fire Marshal. Assistance is being received from the Federal Bureau of Investigations (FBI) and the Bureau of Alcohol, Tobacco, Firearms and Explosives which is usual procedure for fires in houses of worship. Massachusetts uses the 'team concept' of fire investigation.

Fires in houses of worship are taken very seriously because they have a great impact on the entire community, according to a spokesperson for the Department of Fire Services.

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YEAR AHEAD from page 1

Chicopee Cultural Council

The past year was full of excitement for everyone affiliated with the Chicopee Cultural Council, and there is no reason to expect 2021 to be any less stimulating. Creativity is key for the council, and the new year will bring fresh opportunities to innovate.

“In 2021, we look forward to all the projects that our grantees have proposed during the grant season, which this year concluded with 54 applications for projects,” said Cultural Council Chair Johnny Miranda.

Among the projects that will appear in the city in 2021 are the Bozenas mural on Chicopee’s Industrialization, the completion of the painting different designs and Chicopee landmarks on electrical boxes spread throughout the city and the pursuit of rooster-themed artwork.

“I have found that all the different cultures that make up Chicopee somehow have a rooster in their folklore,” said Miranda. “France has the Gallic Rooster, the Portuguese have the Barcelo Rooster, there’s the Polish Rooster, the Irish also have the Gallica Rooster as a symbol and Puerto Rico has been known for their combat breeds for cock fights. So, all these versions of roosters will be illustrated, bringing us all together.”

In 2021, the council will continue its partnership with ChicopeeTV, which has been a critical component of the entity’s recent success. A partnership with the Parks and Recreation Dept. will also launch a gardening program for youths, to be held at Lincoln Grove Park.

The arrival of 2021 will open new pathways for the culture to promote racial and social equality. Just as murals were painted in numerous locations in Chicopee in 2020, more are sure to come during the new year, as residents look to achieve righteousness through art.

“The past year taught us new ways to bring the arts to our community,” said Miranda. “I’m certain that 2021 will be a great year, as a result of our innovation and the forging of relationships in our community.”

Chicopee Public Library

The COVID-19 pandemic shuttered the Chicopee Public Library on Front Street for the majority of 2020, but no outbreak could diminish the library’s constant stream of remote services and acute attention to detail. Library Director Nancy Contois noted that 2020 has offered everyone an opportunity to learn in both a personal and professional manner.

With the assistance of community partners such as Mayor John Vieau and ChicopeeTV, the library is well-suited to



This sign for free Wifi in Chicopee Center is symbolic of the unprecedented reliance on technology that was sparked by the COVID-19 pandemic.

reach audiences both new and old during the upcoming year. Contois expressed confidence that the library will open to the public once more sometime during 2021.

“I do feel optimistic that at some point in 2021 we will begin to see a return to normalcy. We are really looking forward to resuming in person activities and can’t wait to, one day, see our community room full of smiling faces,” said Contois.

Chicopee Public Schools

For Chicopee Public Schools, 2020 may have been the most unpredictable and difficult year on record. Superintendent Lynn Clark is hopeful that the district will be positively impacted by the adversity and feed off of it during 2021.

Clark has adapted a, “glass half full mentality,” as she leads thousands of students and educators through the COVID-19 pandemic. Much was accomplished during 2020, all of which will benefit the district in 2021.

“Students are much more tech savvy than there were, especially young students. Teachers received a lot of professional development in the area of technology that helped the process, as well,” said Clark.

From Clark’s perspective, teamwork has thrived between parents, students, teachers, education support professionals, coaches, custodians, administrators, clerks, office staff, nurses and counselors. Entering 2021, traversing CDC



All those who work in the Chicopee Public Schools’ Administrative Offices Building have their work cut out for them in 2021, as the school district continues to adapt to the unpredictable COVID-19 pandemic.

guidelines, personal protective equipment, air quality, motivating students online, distributing food, counseling, taking attendance and, most importantly, being flexible and determined have become almost second nature.

“It all came together in ways that we never would have imagined,” said Clark.

In 2021, Clark has her fingers crossed that graduation ceremonies can be held outdoors and celebrated in a traditional manner. While drive-through graduation celebrations were fun, any semblance of tradition is much sought after.

“We also hope to having all of our students, safely back in our buildings. There simply cannot be a greater event than that! We also look forward to rolling out our diversity and equity professional development program, fine tuning our online registration/enrollment system and also implementing online school safety program,” said Clark.

Chicopee Education Association

The COVID-19 pandemic threatened the safety of Chicopee teachers but also strengthened the bonds between educators. Entering 2021, school district employees are as passionate and resilient as ever, a sentiment that was captured by Chicopee Educators Association President Laura Demakis.

“The CEA has positively impacted the safety of our community and students by pushing the agenda of safe schools, in our negotiations to return to school amidst COVID,” said Demakis. “We did this by insisting on air quality and HVAC testing. We are now working with Administration to strategize how to ensure that our staff and students can return to school as safely as possible when that time comes.”

During 2020, the CEA welcomed more new members to monthly meetings than ever before, a trend that is likely to continue to into the new year. Watching her colleagues engage in the process has inspired Demakis, who believes that 2021 could be special.

“I am absolutely positive that 2021 will be more positive and successful in 2021 than in 2020 because of the support my members are showing each other and the CEA,” said Demakis. “With all of us standing together, putting our hearts and heads together, always with the best interest of our students and each other at heart, I know our students and community will be better with the efforts the CEA will be making this year.”

In 2021, the CEA’s African American, Latino, Asian/Asian American and Native American program will look to gain further traction. Demakis explained the initiative’s immense value and why it’s reach is set to expand.

“The CEA chose to include all members in our ALANA group in order to fur-

ther the cause of social justice. We now hold regular meetings and continue to grow in our members who support ALANA and attend the meetings,” said Demakis, noting that the program has connected with the Chicopee Police Dept., the Mayor’s Office and the Office of the Superintendent.

Beyond tactile goals, Demakis shared several values that she feels will be important to long-term success during the new year. While 2020 is a year that many people wish to forget, Chicopee educators muscled their way through a stream of seemingly endless challenges, developing skillsets that will be integral for years to come.

“We all had to learn humility, patience, and flexibility,” said Demakis. “We had to find strengths and determinations we didn’t know we had. And we finished the year smiling, supporting, and respecting each other. We will move forward with that and we will be stronger because of it.”

City Hall



City officials are optimistic that the rehabilitation of City Hall, a building that will celebrate its 150th birthday in 2021, will be finished over the span of the coming year.

City Hall is one of several buildings in Chicopee that observed the previous global pandemic, the Spanish Influenza of 1918. However, for all of the employees who currently work in City Hall, the ongoing COVID-19 pandemic has been a first-time experience.

Nine months into the pandemic, Chicopee has established its footing by establishing a municipal COVID-19 testing site and COVID-19 Vaccine Task Force. To



The Chicopee Public Library operated remotely for the majority of the past year, but staff members are hopeful that its doors will reopen to the public at some point during 2021.

COLUMN

Gardening questions to end the year

This question came to me from a reader who enjoyed the most recent gardening column that appeared in the Barre Gazette: "I loved what you had to say about your Babci's Christmas cactus. Mine just finished blooming. Could you please pass along some detailed advice so that I can have a repeat of this year's breathtaking blooms next Christmas?"

I am so happy you enjoyed last week's article. I'd be more than happy to give you some tips to make your Christmas cactus bloom abundantly next year! First, concentrate on plant care. Once the plant has finished blooming it will go into a period of rest, and will need very little water for nearly two months. When growth resumes in spring, water when the soil surface is dry to the touch and provide it with a dose of half-strength liquid fertilizer. Place in indirect light, an east or north facing window is best. During the summer months the plant can go outdoors as long as it is kept in filtered light. It will rest again in early fall, prior to bud set. You'll notice that it won't be as thirsty during this period, so water accordingly.

Then, consider the two environmental factors that are responsible for coaxing a Christmas cactus into bloom. The first is temperature and the second is light. If temperatures at night range between 55 and 60 degrees for a six-week period the plant will set buds regardless of day length. If temperatures run higher than that, 13 hours of uninterrupted darkness will bring about buds. Simply put the plant to bed each night from 6 p.m. to 8 a.m. until buds form. If your plant sets buds and then drops them prior to full bloom it is likely due to overwatering or exposure. For this reason keep it away from drafty windows, doorways or radiators. This sounds like hard work, but is really quite simple. I'm sure you'll be delighted with breathtaking flowers next Christmas as well!

Carol has a problem with her kalanchoe. "Some of the leaves on my plants have spots of sticky sap on them. Do you know what is causing this and what I can do to prevent it?"

It's funny that you write about this particular problem with your kalanchoe! I recently saw some sap on my own plant. I had it in a mixed container of succulents over the summer and lo and behold, I brought it inside and now it has bugs. Look at your plants closely, concentrating your attention directly above the portions covered in "sap." I almost guarantee you will find a flat, oblong-shaped, waxy-looking insect. Scales, as well as other sucking insects such as aphids or mealy bugs, excrete honeydew, a sweet concentration of plant sap. If left on the leaves long enough, sooty mold will form on the honey dew, coating them in "black dust." Besides being unsightly, sooty mold diminishes the plant's ability to make food. To get rid of it, treat the insect problem first by spraying with an insecticidal soap. After a month or so, examine your plants closely for additional drops of honeydew; should you find some, repeat the entire process. As with insecticides of any kind, follow the directions on the container carefully.

In the greenhouse, growers target kalanchoe flowering to begin in early December. Colors include red, yellow, orange, salmon, pink and most shades in between. Individual flowers are diminutive, but in since they are held in clusters the plant as a whole is stunning. Another attractive feature of kalanchoe is its dark, shiny green leaves, perfect as a backdrop for all those brilliantly-colored

See **GARDEN** page 5



Roberta McQuaid
Columnist

COLUMN

Workers helping to transport the Rockefeller Center Christmas tree found an adult Northern saw-whet owl clinging to the tree. The tree and owl came from Oneonta to New York City, New York. The owl had no food or water during the three-day trip. It is recovering at a wildlife refuge in New York state.

The owl, now named Rockefeller, is getting fluids and "all the mice he can eat" at the wildlife center. A vet checked it over and took x-rays, but it seems to be in great condition. When ready, it will be released back into the wild.

Northern saw-whet owls are the smallest North American owl and about seven to eight inches long. These owls have yellow



COURTESY PHOTO

A saw-whet owl.

IN MY BACKYARD



Ellenor Downer

eyes, mottled brown feathers with a whitish facial disk and white-spotted head. Juveniles are dark brown with a cinnamon belly and a white V between the eyes.

Saw whet owls are nocturnal and hard to see. During daylight, they roost in dense vegetation, typically at eye level and near the trunk of evergreen trees.

Female Northern saw-whet owls lay four to seven white eggs in a nest in a tree cavity or old woodpecker hole. They will also use next boxes.

Thistle feeder

During the warm weather, a bear grabbed my thistle (niger) seed feeder. He pulled it off the hook and left it about 15 feet away. The plastic tube was crushed and the seed ports removed. There was not a single seed to be found in it. The American goldfinches and chickadees kept flying to where the feeder was.

I bought another feeder and put it out. It did not take them long to find the new feeder. American goldfinches and chickadees love the thistle seed and often three or four eat from the feed perches at once.

Canada geese

Last week, I saw a very large flock of Canada geese in a harvested cornfield. The flock had well over 100 hundred geese. They were probably on their way from Canada to the southern winter grounds.

Bluebirds

My son-in-law, Bryan, saw four bluebirds in his yard last week. He watched them come and go from one of the two bluebird houses in his Barre yard.

People may report a bird sighting or bird related experience by calling me at 413-967-3505, leaving a message at extension 100 or emailing mybackyard88@aol.com or edowner@turley.com.



Letters to the Editor

Letters to the editor should be 250 words or less in length. No unsigned or anonymous opinions will be published. We require letter writers to include his or her town of residence and home telephone number. We must authenticate authorship prior to publication.

We reserve the right to edit or withhold any submissions deemed to be libelous or contain unsubstantiated allegations, personal attacks, defamation of character and offensive language. All unknown or alleged facts and quotations offered by the author need to cite credible, unbiased sources.

Send letters to: The Chicopee Register,
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The deadline for submissions is Friday at noon.

NEWS & FEATURES

As a paper of record, we attempt to cover all general news, personality profiles, and community features that we know about. This includes all selectmen and school committee meetings as well as spot planning board, board of health, finance, and other town meetings determined by the issue's relevance to our readers. There are the annual major community event features that we should always cover, but we are more than open to suggestions of other features to celebrate the fabric of our communities and their many interesting occupants. Our loyal advertisers provide funding for this paid staff coverage.

For more information on news or community features for The Chicopee Register, please email chicopeeregister@turley.com.

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Chicopee Register

The *Chicopee Register* is published every Thursday by Turley Publications, Inc., 24 Water St., Palmer, Mass. 01069. Telephone (413) 283-8393, Fax (413) 289-1977.

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Green Insurance spreads cheer to local not-for-profits

REGION — Every year since they launched Richard R. Green Insurance Agency in 2005, Green and his wife Marcia would collect toys and donate them, along with a matching cash donation, to Toys for tots and Soldier On.

But that was in pre-COVID times.

Like just about everything else in 2020, traditions had to take a back seat to health protocols and tricky logistics. Instead of the toy drive, the Greens, who have offices in Monson and Hampden, decided to spread Christmas cheer by making cash donations to local organizations in need. As Christmas approached, they helped the not-for-profits close out their 2020 books with a little greener lining.

The Monson Senior Center received \$500; \$250 was donated to the Make-a-Wish Foundation; and Lorraine’s Soup Kitchen in Chicopee has an extra \$600 to help feed local residents in need.

“We want to thank our customers and staff for their support and wish everyone a happier 2021,” Richard Green wrote in an email.

Asked how the recipients were cho-



COURTESY PHOTO

sen, he said each one had a specific connection to the agency.

“The Monson Senior Center was suggested by Christine Davenport who lives in town (Monson). Make-A-Wish

is one my best friends, Bruce Stebbins’, cherished foundations. Lorraine’s Soup Kitchen came to us from our team members Melissa Devins and Sarah Curtis, who both live in Chicopee.”

Like other local businesses, the agency had to make adjustments during the year to keep its doors open. And unlike others, Richard R. Green Insurance literally kept its door open.

“This has been a challenging year and our goal has been to maintain service with a personal touch,” Richard said.

“Both of our offices are fully open to the public, subject to safety parameters. As difficult as this has been for all of us, we still need to feel like human beings and not numbers.”

He heaps credit on his staff, customers, and the towns in which they do business for coming together during a pandemic-marred year.

“We have worked hard to be apart of the communities we serve,” Green said. “We have a fantastic staff, who are personable, friendly and work hard for our customers. They are a privilege to work with!”

With 2021 just around the corner, he had parting words for 2020.

“We wish for everyone to be happy and safe and know that our doors are open,” he said.

YEAR AHEAD from page 3

gether, the Office of Mayor John Vieau and the Health Dept. will look to steer residents through what will, hopefully, be the final months of the pandemic during early 2021.

“If we do [safe practices] now and sacrifice a little bit, I think that the rewards will show next year when we’re really able to celebrate. If you take precautions and be safe during the holiday season, I think it’s in the best interest of the city of Chicopee moving forward,” said Vieau in December of 2020.

Meanwhile, the completion of the City Hall rehabilitation is expected in 2021, as the two-year project to repair the 149-year-old building comes to a close. The expanded parking lot that is being constructed behind the City Hall Annex on Front Street could also be completed.

In 2020, the Planning Dept.

launched Envision Our Chicopee: 2040, an endeavor to gauge residents’ perspectives of the direction that the city should take moving forward over the next two decades.

If the pandemic dies down, and even if it doesn’t, Chicopee residents can expect to hear all about the project during 2021.

“We are just entering that intensive community process to determine where we want to go now that we understand where we currently are,” said City Planner Lee Pouliot in Sept. 2020. “We call it a comprehensive vision is because it’s meant to act as a guide as in this is our dream, and we’re going to start moving towards that dream.”

Several important projects will be overseen by the Chicopee Dept. of Public Works during 2021. Road reconstruction on Armanella Street, construction on Fuller Road and road reconstruction on New Lombard Road are all slated to begin in the spring of 2021.

WNE Law Professor Jennifer Levi to join Warren-Markey Advisory Committee

SPRINGFIELD – Jennifer Levi, Professor of Law at Western New England University School of Law will serve on a bipartisan advisory committee assembled by United States Senators Elizabeth Warren (D-Mass.) and Edward J. Markey (D-Mass.) to review and provide recommendations on U.S. Attorney candidates for the District of Massachusetts.

The Advisory will solicit, interview, and comment on applications for the position of U.S. Attorney for the District of Massachusetts, the state’s top federal law enforcement officer.

“The strength of our justice system depends on the inclusion and participation of people from every community and walk of life,” Levi said. “It’s an honor to serve on this committee and get the chance to work to build a strong, diverse pool of candidates for such an important position.”

Levi serves as Professor of Law at Western New England University School of Law. Professor Levi has dedicated her career to fighting for the rights of women; children; the poor; and gay, lesbian, bisexual, and transgendered clients and is a key contributor to the law school’s Center for Gender and Sexuality Studies, which serves as a focal point for work in a broad

number of areas relating to gender and sexuality. In addition, Levi is the director of GLAD’s Transgender Rights Project and a nationally recognized expert on transgender legal issues.

“The Advisory Committee plays an important role ensuring that a highly-qualified, fair-minded, and justice seeking candidate is appointed as U.S. Attorney for the District of Massachusetts,” said Senators Warren and Markey in a press release announcing the committee.

Levi joins distinguished members of the Massachusetts legal community including prominent academics and litigators on the committee that is chaired by former U.S. District Court Judge Nancy Gertner. They include: Elissa Flynn-Poppey, former Deputy Legal Counsel to Governor Mitt Romney and Executive Director of the Judicial Nominating Commission for the Office of the Governor of Massachusetts; Angela Onwuachi-Willig, Dean of the Boston University School of Law; Walter Prince, Partner at Prince Lobel and former president of the Massachusetts Black Lawyers Association; Georgia Katsoulomitis, Executive Director of the Massachusetts Law Reform Institute; and John Pucci, Partner and trial lawyer at Buckley Richardson.



This mound of dirt behind the City Hall Annex on Front Street may well be a finished, large-scale parking lot by this time next year.

GARDEN from page 4

flowers and pretty in its own right when the plant isn’t in bloom.

The kalanchoe needs bright indoor light. Prevent overwatering by allowing it to dry out some in between waterings. A balanced fertilizer can be applied once a month during spring and summer. To initiate flowers in time for Christmas, put the plant in a place where it will receive complete darkness for 14 hours a day beginning in mid-September. Sticking to a schedule, say from 6 p.m. to 8 a.m. daily, will make

it easier to remember. Once the plants have finished blooming, remove spent flowers and trim back foliage to encourage dense growth. New plants are easily started from stem cuttings in the spring.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekenedy@turley.com with “Gardening Question” in the subject line.

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Florence Bank donates nearly \$100,000 in 2020 to ease food insecurity in the Valley

Lorraine's Soup Kitchen is among the recipients

FLORENCE—Florence Bank donated nearly \$100,000 in 2020 to support a new food distribution collaborative and nine other longtime nonprofits with a mission to feed people who are battling food insecurity in the Valley.

The gifts have been made since March to organizations in all corners of the region, including the Hilltowns, to help ease the economic strain brought on by COVID-19.

"We are so grateful. Without the support of donors, we would not have been able to continue our mission," said Ruben Reyes, executive director of Lorraine's Soup Kitchen & Pantry in Chicopee, one of the recipients of bank funds. "COVID has affected us very hard. All of our fundraisers were canceled, and we were very worried about how to fund our programs."

Compounding the problem, COVID-19 has also affected Lorraine's clientele. Reyes said he is seeing an additional 200-300 families each month, providing a month's supply of groceries and dinners five nights a week to a total of 600-700

families.

"We're seeing a lot more families who typically would not need pantry services," Reyes said. "They are coming to our doors for the very first time."

In the spring, Florence Bank donated \$50,000 to the Community Food Distribution Project (CFDP) created jointly by the Northampton Survival Center and Grow Food Northampton to help fund emergency food distribution in the early months of the pandemic.

The new collaborative makes food staples available through on-site distributions at nearly a dozen local sites. Northampton Survival Center and Grow Food Northampton established the organization in partnership with Community Action Pioneer Valley, the Food Bank of Western Massachusetts, the city of Northampton and Northampton Public Schools.

Grow Food Northampton and the Northampton Survival Center each received \$25,000 from the bank.

Since May, Florence Bank has made the following gifts to these local nonprofits:

Easthampton Community Center, \$7,500; Easthampton Congregational Church, \$2,500; Open Pantry Community Services Inc., of Springfield, \$1,000; Chesterfield

Community Cupboard, \$5,000; Amherst Survival Center, \$10,000; The Gray House Market, of Springfield, \$5,000; The Food Bank of Western Massachusetts, as part of Monte's March, \$1,000; Springfield Rescue Mission, \$10,000; and Lorraine's, which received \$1,000.

Florence Bank also nominated Lorraine's Soup Kitchen to receive a \$5,000 award from the Massachusetts Bankers Association Charitable Foundation, which the nonprofit has accepted.

"Florence Bank cares about its community, and in these unprecedented times, there's nothing more important than helping our neighbors," said Florence Bank President Kevin R. Day. "The pandemic has heightened food insecurity and has prompted many people who never before needed assistance to reach out for help."

Day added, "Florence Bank was founded on the idea of neighbors helping neighbors. What better way to display that principle than to contribute to the organizations that are meeting the needs of our most vulnerable neighbors?"

Florence Bank has branches in Amherst, Belchertown, Easthampton, Granby, Hadley, Northampton, Williamsburg, West Springfield, and Springfield, and it is headquartered in Florence.

WNE's Dr. Steven Li wins IEEE Engineer of the Year Award

SPRINGFIELD — Western New England University College of Engineering Associate Professor Zhaojun 'Steven' Li has been awarded the Institute of Electrical and Electronics Engineers (IEEE) Reliability Society's 2020 "Engineer of the Year" Award.

Established in 1884, the IEEE is the world's largest technical professional organization dedicated to advancing technology for the benefit of humanity. The IEEE Reliability Society (RS) promotes recognition of the reliability profession, develops and disseminates reliability best practices, and is a resource for collaboration among reliability professionals.

The Society honored Dr. Li for his contributions to Bayesian Reliability methods. The award acknowledged his dedication to the Reliability profession and his outstanding volunteer efforts to the IEEE Reliability Society.

Dr. Li is a senior member of IISE and IEEE and currently serves on editorial boards for IEEE Transactions on Reliability and IEEE Access Reliability Society Section. He has served as board member of IISE Quality Control and Reliability Engineering (QCRE) Division and IEEE Reliability Society. He is an ASQ Certified Reliability Engineer and Caterpillar Six Sigma Black Belt. His research interests include data analytics, applied statistics, operations research, and reliability engineering.

Dr. Li received his Ph.D. in Industrial Engineering from the University of Washington.







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Boys field hockey moves forward

By Gregory A. Scibelli
gscibelli@turley.com

REGION – This spring, the Massachusetts Interscholastic Athletic Association Board of Directors will vote on a proposal to start a boys field hockey program.

The rule change has already been approved at the committee level in votes taken earlier this year, and will move on to consideration for adoption.

Field hockey has had its share of controversy over the course of many years as boys are currently allowed to play the sport with girls, the gender that typically dominates the sport.

It's believed boys give many teams a competitive advantage and it has shown in small spurts of improvement among various teams over the years.

Locally, Southwick, South Hadley, and Holyoke have been among teams that have benefited from having males play over the course of the recent time.

Southwick was a Western Massachusetts Division 1 champion in the mid-1990's with boys playing on the team. The team also enjoyed some success in the early 2000's with boys on the team.

South Hadley was one of few teams that knock off Long-



FILE PHOTOS

Boys playing field hockey has been a controversial topic over the years, with some believing it has given teams a decided advantage.

meadow one year in the Western Mass. finals with a pair of boys playing on the team. Holyoke, while having a large number of talented female players, have also had boys on its teams during the past decade.

The addition of boys field hockey has been proposed by Sherry Bryant, the MIAA Associate Executive Director and Field Hockey Committee Liaison.

The field hockey committee fully supported the rule.

According to Bryant, the rationale of the rule change is to "allow the structure of this pathway for boys to be created and available for individual schools and co-op programs as they look to move forward. We recognize that in the absence of viable gender specific programs that all high school players

may participate in the current high school field hockey programs, providing equity for all, while gender specific programs are grown."

According to her proposal, field hockey for boys would follow a 7 versus 7 format, similar to the format utilized for field hockey during the abbreviated fall season with COVID-19 restrictions. Boys field hockey

would be a sport proposed to take place during the fall season. It would have a similar 18-contest limit with no more than three games per week on the fall schedule.

All sport committees approved of the proposal and sports medicine and sportsmanship committees of the MIAA

See **FIELD HOCKEY** page 8



Field hockey was played in a 7v7 format due to COVID-19 conditions. A 7v7 format has been proposed for a boys field hockey program.

Rollback will 'not affect winter sports'

By Gregory A. Scibelli
gscibelli@turley.com

REGION – In a statement released last week by the Massachusetts Interscholastic Athletic Association, the rollback plan by Gov. Charlie Baker will not affect winter sports.

Baker's plan decreases capacities in most businesses and other venues, as well as the indoor gathering size being shrunk to just 10 people.

Because of COVID-19 surges that have occurred over the last two months, Baker has strengthened mask mandates, and scaled back business, and has established an attempt at a curfew by closing restaurants at 9:30, shutting down alcohol sales at the same time, and issuing a stay-at-home advisory from 10 p.m. to 5 p.m.

The advisory will likely affect game times for the winter season, but the sports that will be allowed for the winter season will still go on despite the restrictions. It is also possible some of the restrictions will be lifted as the season goes on.

Tara Bennett, director of communications for the MIAA, said the Massachusetts Office of Energy and Environmental Affairs has been in touch with the MIAA regarding Baker's rollback of the "re-opening" of Massachusetts.

"The office (EEA) confirmed with the MIAA that Gov. Baker's announcement on Dec. 22 of rollbacks on certain sectors will not have an impact on high school athletics."

As a result of that confirmation, no further restrictions will be added to the EEA's release of workplace safety and re-opening standards for businesses and other entities providing youth and adult amateur sports activities.

The EEA has been responsible for issuing the guidance utilized by the MIAA to conduct sports safely during the coronavirus pandemic, which is hopefully nearing its end.

The EEA is mandating mask-wearing in all sport environments where it is possible

See **WINTER SPORTS** page 8

Relics able to get through 2020 season



The Western Mass. Relics, a softball league for senior, had one of the few successful campaigns in 2020 with no cases of coronavirus during its season.

LUDLOW – The Western Mass Relics, which is a Senior Softball League, that's been in existence since 1994, was faced this Spring with the possibility of their season being canceled due to the Coronavirus. With the season questionable and the Relics always concerned for player safety, the Relics worked closely with the Board of Health, the Commonwealth of Massachusetts, the Town of Ludlow and The Fish and Game Club to be one of the few sports leagues in Western Mass to play a full schedule.

The Western Mass Relics

had 176 players agree to play and fortunately not one person came down with the Coronavirus. Among the steps taken to play safely were the following:

- Temperatures were taken upon arrival. The players had to record a temperature below 100 degrees.
- Players were required to wear masks in the field.
- Social distancing was observed when a team was batting. Players brought lawn chairs to accomplish this.
- There was no tagging out a player. All plays were considered



SUBMITTED PHOTOS

More than 170 players were able to be a part of the league in 2020.

a force play.

- Handshaking and fist pumps wasn't allowed.
- Bats were wiped down and handled by the barrel.
- New balls were frequently changed.
- Spectators weren't allowed initially, but later in the season were allowed to watch the game from the parking lot.

The Western Mass Relics are looking forward to the 2021 season and welcome all new players. For further information go to their website: westernmassrelics.org.

Hall of Fame announces eligible candidates for the Class of 2021

Hall of Fame planning two separate Enshrinement Ceremonies in 2021 calendar year

SPRINGFIELD – The Naismith Memorial Basketball Hall of Fame today announced the list of eligible candidates for the Class of 2021, including first-time nominees Doug Collins, Michael Cooper, Howard Garfinkel, Lou Henson, Paul Pierce, Val Ackerman, Yolanda Griffith and Lauren Jackson.

Returning to the ballot are fan-favorite nominees Chauncey Billups, Chris Bosh, Richard Hamilton, Bob Huggins, Ben Wallace, Chris Webber, Jay Wright, Swin Cash and Becky Hammon among others.

A first look at the list of eligible nominees was provided by The Jump on ESPN, hosted by Rachel Nichols, and Class of 2021 nominee Paul Pierce. A complete list of eligible candidates can be found attached.

Following the Hall of Fame’s tradi-

tional timeline, Finalists from the North American and Women’s committee for the Class of 2021 will be announced in the timeframe of NBA All-Star Weekend, which is scheduled for early March. The entire Class of 2021, including those selected by the direct elect committees, will be unveiled in the timeframe of the NCAA Final Four scheduled for early April. Event details are forthcoming, and the announcement timeline is subject to change.

The Class of 2021 Enshrinement ceremony is scheduled to take place in

Springfield, Mass., in September 2021. As previously announced, the Class of 2020 Enshrinement ceremony has been rescheduled and relocated due to COVID-19 and is scheduled for May 13-15, 2021 at Mohegan Sun.

Tickets for the Naismith Memorial Basketball Hall of Fame Class of 2020 and 2021 Enshrinement ceremonies and various events surrounding the ceremonies will be on-sale at a later date. For the latest news and updates, follow @hoophall on Twitter and Instagram.

AHL season delayed to February

SPRINGFIELD – American Hockey League President and CEO Scott Howson has announced that the league’s Board of Governors has approved moving the anticipated start date of the 2020-21 season to Feb. 5, 2021, due to the ongoing COVID-19 public health crisis.

The AHL continues to work with its member clubs to monitor developments and local guidelines in all 31 league cit-

ies. Further details regarding the 2020-21 American Hockey League season are still to be determined.

In operation since 1936, the AHL serves as the top development league for all 31 National Hockey League teams. Nearly 90 percent of today’s NHL players are American Hockey League graduates, and more than 100 honored members of the Hockey Hall of Fame spent time in the AHL in their careers.

MIAA signs deal with University Orthopedics

FRANKLIN – The Massachusetts Interscholastic Athletic Association (MIAA) has signed a multi-year partnership with University Orthopedics to become an Official Orthopedics Provider of the MIAA. The partnership coincides with the Feb. 1 opening of University’s first Massachusetts location in Mansfield.

The partnership will initially be focused on the southeastern part of the state, with University Orthopedics supporting MIAA events taking place in Districts 7, 8 and 9. University will also serve as the Presenting Sponsor of all upcoming MIAA South Sectional Tournaments.

“We are excited to partner with an organization like the MIAA that provides such an important role in the lives of thousands of student athletes and their fami-

lies. With our new location in Mansfield, we look forward to serving these communities and growing our partnership in the years to come,” said Edward Akelman, MD, President of University Orthopedics.

“The health and safety of our Association’s 230,000 student-athletes participating at our 376 member schools is paramount to our mission,” said Bill Gaine, Executive Director of the MIAA. “The opportunity to enhance that mantra with the expertise and support of University Orthopedics is a welcomed and valued gift.” Through this partnership, University will provide video content related to safe training methods, recovery and other orthopedic health measures. The new UOI Facility is located at 10 Reservoir Street in Mansfield.

Pioneers to host Pelham clinic

LUDLOW – Western United Pioneers FC is excited to offer a soccer clinic in Pelham, MA for players in the Massachusetts North Region. The fall clinic provides off-season training and skill development by WUP FC coaches. There are two sessions available. sign up for one or both. It makes a great holiday gift for friends and family members.

This program is offered to boys and girls born in 2010, 2011, 2012, 2013, and 2014. The four-week program includes one practice per week for a total of \$65 per session (\$130 for 2 sessions). Sessions will consist of a max of 15 players

per field (COVID regulation for the players’ safety).

SESSION 1: MONDAYS 1/11, 1/25, 2/1, & 2/8

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

SESSION 2: MONDAYS 2/22, 3/1, 3/8, & 3/15

Boys and Girls Born 2013 and 2014: Session is at 5 p.m.

Boys and Girls Born 2010, 2011, and 2012: Session is at 6 p.m.

The sessions will be held at Pelham Elementary School at 45 Amherst Road, Pelham, MA 01002.

Follow Turley Sports on Instagram

Turley Publications sports department has recently joined Instagram. You can find our account by searching “turleysports.” We will regularly feature samples of photos that you will see in our publications on a weekly basis. Please follow and share with your

friends and loved ones. We will be featuring photos from all 11 of our sports sections in the coming weeks, but as always, you can see all the photos that appear by subscribing to your local paper or picking up a copy in your community.

FIELD HOCKEY from page z

to wear masks. There will also be limitations to the numbers of players and personnel allowed at basketball courts and hockey rinks during the winter season. In order to reduce potential for crowds, there will be no winter tournaments. The pandemic cancelled the end of the winter state basketball tournament last March. There has not been an MIAA-sanctioned tournament game since that time, and it is unknown when

there will be a tournament game, though the spring season is a definite possibility as a return to normalcy could be realized by June.

Winter sports in Western Massachusetts are supposed to begin for most schools following the New Year’s holiday on Jan. 4. Games could begin on or around Jan. 14. Basketball, hockey, and swimming are supposed to take place with indoor track being moved to the bubble season and wrestling could potentially take place in the spring season.

WINTER SPORTS from page 7

have also greenlighted the idea, paving the way for a BOD approval.

The rule would go into effect for the Fall 2021 season, but it could take a few years before teams would be developed. Rules would not need to be developed as

the proposal stipulates boys field hockey would play under National Federation of High School rules, which Massachusetts has now adopted for most sports. One interesting caveat is that a proposal to bar boys from playing on girls teams was defeated. Girls normally play an 11 versus 11 format.



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Baystate Health doctors weigh in on what's good for you

SPRINGFIELD – Now that a stressful 2020 has come to an end, there are many ways to make 2021 healthy and safe for you and your family.

Doctors at Baystate Health suggest setting realistic goals and prioritizing what is most important to you, taking small steps, and remembering not to beat yourself up if you encounter a setback in your health goals for 2021.

Some healthy goals to consider as you continue on your journey to good health are:

• **Make A Plan for Good Overall Health** – While weight loss, health screenings, and stress reduction are among some of the best ways to achieve and maintain better health, creating a plan that is manageable is the key to success. Look at the new year as a time to set small, attainable goals that you can maintain throughout the year, that will also lead to long term success and better health.

Now is a great time to make an appointment for an annual exam and include your physician in your health goals for the year. For those who don't have a primary care provider, the best time to choose a doctor is before you need one. Over time, your health care needs may change or you may face a new health challenge. The relationship you have with your healthcare provider, who knows you and your medical history, can lead to a better overall outcome that will protect your health. Also, as the global telemedicine trend continues, especially with the advent of COVID-19, it provides a fast and convenient way for you to connect with your doctor for urgent needs such as fever, cough, and skin rash, as well as management of chronic conditions such as diabetes and high blood pressure.

Whether you want to lose weight, quit smoking, or reduce stress, your healthcare provider can suggest additional resources such as support groups, reading material, or if appropriate, medications or aids that can help. Getting advice from your primary care provider and support from friends and family is a great way to keep your New Year's health resolutions going all year long.

— Dr. Linda Schooner, Baystate Primary Care at Baystate Wing Hospital

• **Don't Allow Sleep Problems To Affect Your Health** – The COVID-19 pandemic has led to more sleep problems at a time when sleep is especially important for health and well-being. Good quality sleep is important for preventing infections and keeping your immune system working well. Studies have shown that sleep deprived people don't mount the same immune response after vaccinations as good sleepers, so it is important to make sure you get a good night's sleep prior to getting a flu or COVID vaccine. A recent study published in the Journal of Clinical Sleep Medicine by Baystate Health's Dr. Eva Mok showed increased rates of flu in patients with untreated sleep apnea. So, getting good quality sleep is just as important as getting enough sleep. If you are having difficulty sleeping or signs of poor-quality sleep with loud snoring, difficulty staying asleep, urinating frequently at night or daytime sleepiness or tiredness, you may benefit from a sleep medicine evaluation.

— Dr. Karin Johnson, medical director, Baystate Health Regional Sleep Program and Baystate Medical Center Sleep Laboratory



Dr. Linda Schooner



Dr. Karen Johnson

• **Get Vaccinated** – With all the attention on with the COVID-19 vaccines, it is not too late to get your flu shot if you haven't received it yet. Flu vaccine was updated this year to match the anticipated circulating strains. If you belong to any of the groups prioritized to receive the COVID-19 vaccine, please get it. Both the flu and COVID-19 vaccinations are important means in preventing serious respiratory infections. Beyond the flu and COVID vaccines, it is important to keep up to date on adult immunizations. The protection you have from some childhood vaccines can wear off over time requiring you to get booster shots.

— Dr. Armando Paez, chief, Infectious Disease Division, Baystate Health



Dr. Armando Paez

• **Reducing Your Risks for Cancer** – Reducing identified dietary and lifestyle risk factors can help prevent many diseases, including cancer. Don't use tobacco, avoid drinking too much alcohol, increase moderate aerobic exercise to at least 30 minutes daily most days of the week (moderately vigorous walking will do), and if overweight, shed some pounds.

— Dr. Wilson Mertens - vice president and medical director, Cancer Service, chief, Division of Hematology Oncology, Baystate Regional Cancer Program, Baystate Health



Dr. Wilson Mertens

• **Keeping Kids Healthy** – Until everyone gets their COVID-19 vaccines, parents need to model and help their children follow the basic COVID-19 safety guidelines of mask wearing, handwashing, social distancing, and avoiding indoor gatherings with anyone who is not in your close family pod. Parents need to keep their children healthy by keeping up with their regular visits with their pediatricians to monitor their growth, development, general overall health, to give them any needed vaccines to prevent serious infections, and to keep up with medications for common conditions such as asthma.

During stressful times, parents need to be very aware of their children's mental health, checking in with older children on a daily basis about how they are doing, and watching for any signs of depression and anxiety related to the pandemic and social isolation. Also, during the pandemic there are 3 basic tasks for parents.

1. Tell your children that you love them and show them that love throughout the day in a multitude of ways.
2. Tell your children that you will do the best you can to keep them safe during the pandemic, and demonstrate that by modeling mask wearing, handwashing, social distancing, and avoiding indoor gatherings with people who are not in your close family.

3. Tell your children that whatever happens during the pandemic you will work together as a family to overcome any difficulties. Modeling resiliency will teach your children the skills that they will need to overcome the difficult problems they may face as they grow older. Pediatricians are here to help patients and families through these difficult times, and parents can reach out to their pediatricians with any concerns about their children.

— Dr. John O'Reilly, chief, General Pediatrics, Baystate Children's Hospital

• **Reducing Your Risk for Diabetes** – Over 34 million Americans have diabetes and 88 million American adults – approximately one in three – have prediabetes.

Prediabetes puts you at high risk of developing type 2 diabetes and also increases your risk of developing cardiovascular disease. By modifying your risk factors and adopting a healthy lifestyle – from eating more nutritious foods and limiting your portions to exercising to maintain an appropriate weight – you can help delay or prevent some of the serious complications of diabetes such as heart disease, stroke, blindness, kidney damage and limb amputations. Aside from reducing your risks for diabetes, if you want to maintain good health in 2021 and beyond, consider if you are overweight eating 20% less which can lead to slow sustained weight loss over time; fit in exercise, even 10 minutes at a time which can lead to significant physical and mental health benefits; addressing your mental health which can be the primary barrier to a healthier you.

Also, quit smoking, this is the best decision you can make for your health.

— Dr. Chelsea Gordner, director, Baystate Inpatient Diabetes Service, Departments of Adult and Pediatric Diabetes at Baystate Medical Center and Baystate Children's Hospital

• **Good Mental Health** – There are many ways to improve your mental health. Consider getting outdoors for walks in nature, ideally with others (socially distanced and masked). Find opportunities to be kind. Even though many of us are hurting in various ways nowadays, it's not unlikely that there are others who are hurting even more. It's important to remember that we all have things to give: attention, compassion, listening, forgiveness, it doesn't have to be material. Giving feels good year round, much better than receiving.

Also, be kind to yourself: treat your body well by eating healthy food and not overwhelming it with unhealthy substances such as too much alcohol, sugar, and more; don't be mean and punitive towards yourself, if you notice mistakes you've made or things you don't like about yourself--acknowledge them and make a commitment to change, make a plan to change, and get started.

— Dr. Barry Sarvet, chair, Department of Psychiatry, Baystate Health



Dr. Barry Sarvet

• **Women's Health** – Annual preventive exams are vital in detecting conditions like breast cancer or cervical dysplasia at an early, manageable, and treatable stage. The well-woman visit is a perfect time to address bothersome symptoms, set health goals and learn updates on disease prevention. Checking in annually with an established provider supports a trusted relationship which facilitates seamless care if a medical problem arises.



Dr. Julie Thompson

lem arises.

— Dr. Julie Thompson, FACOG, IFMCP, chief, Obstetrics, Baystate Franklin Medical Center and Pioneer Women's Health

• **When Emergencies Happen** – My health tip for the new year is one that will come in handy for a lifetime. I often get the question: "When should I go to the Emergency Department compared to Urgent Care?"

It's not really a simple answer, but a good rule of thumb when any new, acute, severe, uncontrolled symptoms need to be addressed in the Emergency Department (ED). For example, if you are having the worst headache of your life or experiencing any new acute severe shortness of breath, chest pain or abdominal pain, you should go the Emergency Department. If you are having any bleeding from an injury that is not under control with simple first aid measures, that also belongs in the ED. If you are experiencing any new neurologic symptoms or new seizures/convulsions, that also needs to be attended to in the ED.

Anytime there is a loss of consciousness from any cause, that should also be evaluated in the ED. Urgent Care is an ideal locale for the care of minor injuries and ailments like coughs, colds, earaches, urinary tract infections, insect bites and stings. Urgent Care is also appropriate for acute flare-ups of chronic conditions such as migraine headaches, asthma, gout, and eczema.

Most urgent care centers have on-site x-rays and can take care of acute fractures and other minor traumas. It is also important to know during the current pandemic that you should not be afraid to go to the ED with any new acute severe symptoms as all hospitals have protocols in place to protect patients and their families from potential exposure to COVID-19. Trying to "tough it out at home" can be a fatal mistake if it's an acute heart attack or stroke.

— Dr. Brian P. Sutton, FACEP, medical director, Baystate Health Urgent Care

For more information on Baystate Health, visit Baystatehealth.org.



Dr. Brian Sutton

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For more information on business coverage for The Chicopee Register, please email chicopeeregister@turley.com.

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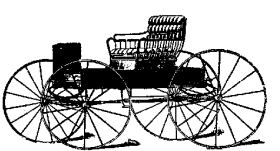
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HILLTOWNS – **MONDAY AT NOON**

CATEGORY:			
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40

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TOWN OF PALMER TRUCK DRIVER LABORER - OPERATIONS DIVISION
PUBLIC WORKS DEPARTMENT. The Town of Palmer is accepting applications for Full Time Truck Driver - Laborer in the Department of Public Works Operations Division. We are seeking an experienced, self-motivated individual with public works knowledge to become part of our operations division. A High School Diploma, Class B Massachusetts Driver's License with air-brakes endorsement is required. A Massachusetts Hoister's License is favorable. This is a union position with an attractive starting salary, vacation, sick and personal time. Please forward resume to 4417 Main Street, Palmer, MA 01069 or email rmcnutt@townofpalmer.com

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FOR RENT



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This newspaper will not knowingly accept any advertising for real estate that is in violation of the law. Our readers are hereby informed that all dwellings advertising in this newspaper are available on an equal opportunity basis. To complain about discrimination call The Department of Housing and Urban Development "HUD" toll-free at 1-800-669-9777. For the N.E. area, call HUD at 617-565-5308. The toll free number for the hearing impaired is 1-800-927-9275.

Classified Advertising DEADLINES

QUABBIN & SUBURBAN FRIDAY AT NOON
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PUBLIC NOTICES

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758

Docket No. HD20P2135EA

Estate of: Sandra M Hreschuk Date of Death: 10/06/2020 CITATION ON PETITION FOR FORMAL ADJUDICATION

To all interested persons: A Petition for **Formal Appointment of Personal Representative** has been filed by: **Dorothy L Markowski** of West Suffield, CT requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **Dorothy L Markowski** of West Suffield, CT be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE
You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 01/18/2021.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding.

If you fail to file a timely written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.

Date: December 21, 2020

Suzanne T. Seguin
Register of Probate
01/01/2021

INVITATION FOR BID CHICOPEE ELECTBID NO.: CEL 20-0488 ISSUE DATE: December 17, 2020

Sealed proposals are being accepted for: **FIBER TO THE HOME HARDWARE & MATERIALS (ANNUAL) BID OPENING DATE, TIME AND LOCATION: TUESDAY, JANUARY**

12, 2021 AT 2:00 PM at Chicopee Electric Light, 725 Front Street, Chicopee, MA 01020-1778.

BIDS WILL ONLY BE ACCEPTED IN DUPLICATE. PLEASE READ AND COMPLY WITH THE TERMS AND CONDITIONS ENTITLED 1.0 PREPARATION OF BIDS.

Bid documents are available at the business office located at 725 Front Street, Chicopee, MA 01020-1778.

The Vendor/Contractor shall comply with the provisions of Executive Order No. 11246, as amended by Executive Order No. 11375, entitled "Equal Employment Opportunity" and of Chapter 164 Sec. 56D as amended, of the Massachusetts General Laws, both of which are herein incorporated by reference and made a part of this contract.

The Departments reserve the right to reject any or all proposals, or to accept any proposal that in the opinion of the Departments, is in the best interest of the Departments.

Is your firm a: **MBE WBE** (please circle) MBE/WBE firms must be currently certified by the Commonwealth of Massachusetts.

Please submit Bids in **duplicate** clearly marked with the Bid Number and Title: **BID NUMBER: CEL 20-0488**

TITLE: FIBER TO THE HOME HARDWARE & MATERIALS (ANNUAL)

Natalie A. Colberg
Purchasing
01/01/2021

Commonwealth of Massachusetts The Trial Court Hampden Probate and Family Court 50 State Street Springfield, MA 01103 (413)748-7758

Docket No. HD20A0087AD

In the matter of: Ashlyn Avery Linnell CITATION G.L. c. 210, § 6

To: any unnamed or unknown parent and persons interested in a petition for the adoption of said child and to the Department of Children and Families of said Commonwealth.

A petition has been presented to said court by:

Erin M. Roch of Chicopee, MA Michael A Roch of Chicopee, MA

requesting for leave to adopt said child and that the name of the child be changed to

Ashlyn Avery Roch

If you desire to object thereto, you or your attorney must file a written appearance in said court at: **Springfield** on or before ten o'clock in the morning (10:00 a.m.) on: **01/14/2021**

WITNESS, Hon. Barbara M Hyland, First Justice of this Court.

Date: December 24, 2020

Suzanne T. Seguin
Register of Probate
01/01/2021

United Way of Pioneer Valley brings \$3M in prescription savings to region

SPRINGFIELD – United Way of Pioneer Valley (UWPV) is announcing that over 44,000 residents of the 25-community service area in Hampden County, Granby, and South Hadley, have saved over \$3,000,000 on their prescription medications, thanks to its partnership with FamilyWize, an organization which provides a free, easy-to-use prescription discount card.

The FamilyWize card immediately lowers the cost of prescription medications by an average of 45% for people with and without insurance. Just by presenting the Fam-

ilyWize card or mobile app at their local pharmacy, people can save on the cost of their medicine, with no strings attached.

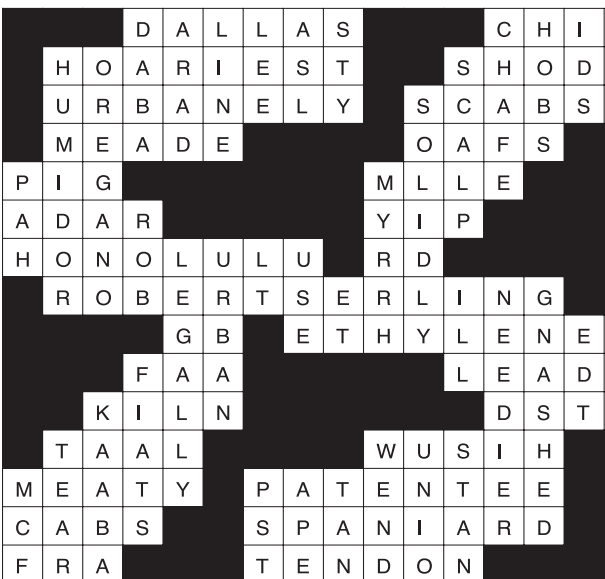
"Nobody should have to choose between putting food on the table or taking their prescriptions," said Paul Mina, President & CEO of UWPV. "That's why we partner with FamilyWize. Their discount card is an extremely valuable resource that anyone, regardless of their financial situation, should use to reduce the cost of their prescriptions."

The Free FamilyWize Prescription Discount Card can be used by

anyone: uninsured, insured, and even people with Medicaid or Medicare. The use of the card is unlimited, does not require any personal information from the user and has no eligibility criteria.

To take advantage of the savings that FamilyWize offers, consumers can print a card from uwpv.org/familywize, call 1-866-810-3784 and request a card be mailed to them, or download the free FamilyWize app.

More information can be found at uwpv.org, and donations can be made at uwpv.org/donate.



Chicopee Register OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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- 2 Access archives and digital tear sheets by newspaper title.
- 3 Find a quick link to the state of Massachusetts' public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

STCC’s technical mission propels liberal arts programs

By Laurie Loisel

SPRINGFIELD – From social work to fine arts and business, the wide range of liberal arts programs at Springfield Technical Community College aims to help define its technical mission.

Richard Greco, dean of the School of Liberal Arts and Professional Studies, said a technical education is about putting into practice what you’re learning.

“When I think of ‘technical,’ I think of taking something that’s learned in theory and then actually making it happen,” he said. “It’s taking what’s learned in the classroom and actually demonstrating it. It’s doing. It’s action.”

As they prepare to enter a competitive workforce or transfer to four-year colleges and universities, it’s critical that students in STCC’s liberal arts programs “learn by doing” and acquire technical skills, Greco said. He cited several examples of liberal arts classes at STCC that incorporate the concept.

Students in the Introduction to Social Work course taught by Sarah McIntyre will learn about theories that guide social workers in the field. Equally important, they’ll practice bringing those theories to life.

During the fall 2020 semester, McIntyre’s students worked in pairs using therapeutic case studies in which they took turns playing the roles of therapist and client. The student playing the therapist would determine the best therapeutic approach for the issues presented by the student playing the client. Teams filmed these sessions and posted them in an online class forum for their classmates to ask questions and share input.

That collaboration and feedback loop is in keeping with what happens in practice for social workers in many settings.

In another assignment, McIntyre asked students to search for social work positions on the employment website Indeed, prepare cover letters for the jobs and conduct research about the agencies making the posts. She says that exercise helps students expand their ideas of what social workers actually do, the variety of settings they might work in and the diverse range of jobs they hold. It also requires them to practice using a search engine, consider why they might want a particular job and think critically about a potential place of employment.

Art is technical at STCC

Francie Riddle, STCC professor of Fine Arts since 2007, puts her students to work demonstrating and doing from day one in her classes.

“There is nothing in art that’s not technical. I’d argue that art involves technical skills in any class you take anywhere, but people don’t talk about it as much. We’re quite explicit about it,”



COURTESY PHOTO

said Riddle.

“Art blends technique with theory and concept, so it’s always about learning how to do something and that is, in art, just as important as figuring out why we do something.”

Riddle said students in her classes come from fine arts as well as the science, engineering, technology and mathematics (STEM) disciplines at STCC. That diversity, she said, creates a richness that enhances the subjects she teaches. For example, she observes the approach by students in the Architecture and Building Technology program in her drawing classes: “There’s an understanding of objects in space that architecture students just get,” she said.

Professor Jennifer DeForge, curriculum coordinator for the Architecture and Building Technology program, echoed Riddle’s comments.

“Fine Art courses enhance the way our students in the Architectural & Building Technology program look at design and build through a different lens,” DeForge said. “The understanding of fine arts in design and building can open up more doors for our students as they come away with skills the ABT does not provide. From Intro to Photography to the Creative Art of Structures, History or Art, these all contribute to the base learning of an architect, interior designer or even our building construction managers to look further then the structure itself.

Citing another discipline, Riddle said nursing students in an art history class bring a practical view to the study

when they make connections about what was going on in the field of medicine that might have inspired the drawings the class is studying. “They could really look at these images from a critical place,” she said.

Riddle said the interplay between students from many disciplines and majors is enlivening in classes.

“We love that connection and we amplify that,” she said.

Business is technical at STCC

In the Business Department, Professor Eileen Cusick incorporates hands-on, real-life activities in all of her classes because anyone working in any business or office capacity is expected to be as skilled with computers as they would using a telephone. Of course, it’s a given that most people in college today feel confident making their way around a computer, but Cusick makes the case that many are less adept at the ways computers fit into a business workplace.

“Just because they are digital natives doesn’t mean they can be productive in a business world,” she said.

Cusick puts her students to work on projects in teams in much the same way people collaborate in a workplace, forcing them to get down to brass tacks using those tools.

“If you’re going to work in marketing, you’re going to need to work with desktop publishing tools. If you’re going to work in business, you’re going to need

business intelligence tools or survey tools,” she said. “We want to see reports, we want to see dashboards.”

These are all essential tools for making information presentable and understandable in ways that are accessible, that make sense and are attractive to view.

While much of Cusick’s instruction involves computer technology, some of what she teaches is decidedly old-school – and that’s a good thing, too. Cusick spends time with students on the topic of “netiquette,” which is the proper way to communicate via technology and engage with the Internet in a business or workplace context. She leads students in discussions about why that’s important.

“You can’t use ‘LOL’ or cutesy acronyms. You can’t do that in a business environment because it could become offensive,” she said. “Just the idea that you have to know your audience, the idea of who you are doing this for and is it going to make sense.”

These are what she calls “soft skills,” and she contends that “companies out there are begging for” students who hold those skills.

Soft skills or hard skills, old school or new, STCC’s liberal arts classes aim to prepare students for all possibilities.

“This myth exists that in order to thrive in the liberal arts, you need to go on and get multiple graduate degrees before you can obtain a career. I simply don’t agree with that,” said Greco. “Students can pull skills from the liberal arts that are employable and provide skills for living.”

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